



From Desk to Golf

As spring is fast approaching many of you will be gearing up to hit the golf course. If you have been lucky enough (weather wise) to hit the links through the winter, you are ahead of the game. If you have taken a winter hiatus, ease back into golf with care.

The most important physical factor affecting your golf game is flexibility. Increased flexibility allows your body a deeper range of motion. The easier and better your joints can move through a full range of motion, the more powerful your swing. If you sit at a desk in front of a computer for a significant portion of your day, this position does nothing to improve your game. Prolonged sitting and inactivity results in shortened muscles and imbalances. Golfers at any level can benefit from a sport specific flexibility routine. It will improve your game and decrease the risk of injury.

It only takes a few minutes each day.

Here are two flexibility exercises to try:

1) Lying Leg Crossover – Increases spinal and hip range of motion allowing you turn better, with less hip movement, creating torque and power. Stretches back and glutes

- Lie on back, legs flat, arms by your sides
- Raise right leg and bend at knee and hip to 90 degrees
- Cross right leg over left leg, right shoulder stays on ground
- With your left hand pull right knee towards floor
- Go until you feel a slight pull
- Hold for 20-30 seconds, release stretch and repeat on opposite side

2) Backswing Stretch – Opens your upper back to allow greater swing capacity in your back swing and follow through. Stretches rear deltoids, spine and low back

- Extend left arm (for right-handers) out in front of you
- Take right hand and put under left wrist
- Pull with right hand so left wrist comes across the body (still keeping left arm straight)
- Hold for at least 15 seconds, repeat 1-2 more times
- Switch to your other side, for the follow through

Performing these two stretches is a great start when beginning a flexibility program. To improve your overall fitness and other aspects of your golf game a full body stretching routine is recommended.

Allison Giuliani (BHK) is the director of development for LifeWorks Health Solutions. LifeWorks provides outsourced wellness solutions to corporations and resorts of all sizes. For more info, visit www.lwhs.com.